

CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, JULY 10

GRILL	BBQ PORK RIBLET SANDWICH WITH CHIPS @ \$2.95.....WITH FRIES	\$3.95
LOWFAT	HAM SALAD SANDWICH	\$2.75
FEATURE	SPAGHETTI 'N' MEATSAUCE WITH SALAD & BREAD STICK	\$5.14
FEATURE	CHICKEN CORDON BLEU HOTDISH WITH VEG. & ROLL	\$4.90

TUESDAY, JULY 11

GRILL	ROUGHIDER BACON CHEESEBURGER W/CHIPS @ \$3.00.....W/FRIES	\$4.00
LOWFAT	GRILLED CHICKEN ON MEXICAN RICE WITH SALAD & ROLL	\$5.14
FEATURE	SAUSAGE 'N' KRAUT WITH POTATO, VEG. & ROLL	\$4.90
FEATURE	BAKED POTATO WITH CHILI CHEESE (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

WEDNESDAY, JULY 12

GRILL	TACO BURGER WITH CHIPS \$ 2.50 ...WITH FRIES.....	\$3.50
LOWFAT	SMOKED TURKEY SALAD WRAP	\$2.75
FEATURE	SWISS STEAK WITH POTATO, VEG. & ROLL	\$5.14
FEATURE	BEEF N BEAN BURRITO WITH CHIPS, SALSA N FIXINS	\$4.58

THURSDAY, JULY 13

GRILL	CHICKEN CORDON BLEU WITH CHIPS \$3.00.....WITH FRIES	\$4.00
LOWFAT	TURKEY APPLE GRAPE SALAD	\$3.97
FEATURE	CHICKEN LASAGNA WITH SALAD & BREAD STICK	\$4.90
FEATURE	PORCUPINE MEATBALLS WITH POTATO, VEG. & ROLL	\$5.14
FEATURE	BAKED POTATO WITH MARGARINE AND SOUR CREAM (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream- .25 each)	\$1.60

FRIDAY, JULY 14

GRILL	SHRIMPBURGER WITH CHIPS \$2.95	\$3.95
LOWFAT	CRAB SALAD SANDWICH	\$2.75
FEATURE	MEATLOAF WITH POTATO, VEG. & ROLL	\$5.14

DAILY SPECIALS

FRENCH FRIES ARE \$1.25 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***		\$2.70
HOT BEEF SANDWICH		\$4.58
ROAST BEEF DINNER		\$4.90
SALAD BAR		\$1.90
CHILI	CUP \$1.50 BOWL	\$2.00
SOUP	CUP \$1.45 BOWL	\$1.95

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.

BREAKFAST: 7:00 - 10:30

LUNCH: 10:30 - 1:30